

MEMORANDUM

TO: Vermont Mental Health Performance Indicator Project
Advisory Groups and Interested Parties

FROM: John Pandiani
Bill Bagdon

DATE: September 25, 1998

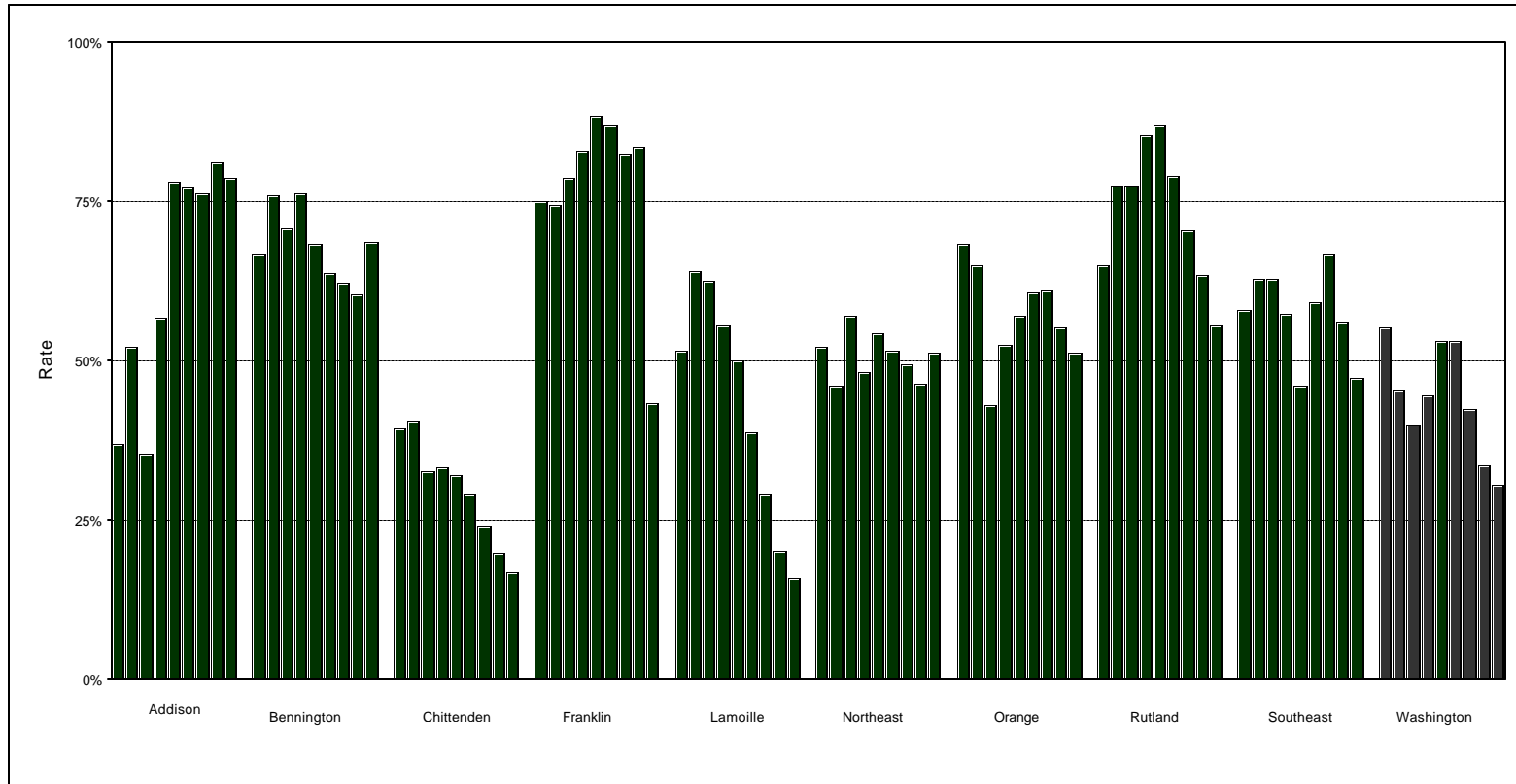
RE: Practice Patterns in the Treatment of Major Depression:
Medication and Therapy

The attached graphs and tables present information on practice patterns in the treatment of people with a diagnosis of major depression in Vermont CRT programs. Treatment guidelines for major depression tend to recommend a combination of medication and talk therapy. The first table and graph present findings regarding the proportion of people with major depression served by each of our CRT programs who received both medication and therapy during fiscal years 1990 through 1998. The second table and graph present findings regarding the proportion of these people who received medication and therapy or specialized rehabilitative services. This broader definition is included because some providers have begun to report therapy services under the more broadly inclusive Medicaid billing category of Specialized Rehabilitative Services. It is important to keep in mind that treatment guidelines include specific recommendations regarding the types of medication that are recommended. This level of specificity is not available in DDMHS data sets (but is available in the Medicaid paid claims data set). The current analysis does not address the specific type of medication or the content of the psychotherapy.

As you will see from the first table, the proportion of CRT clients with a diagnosis of major depression (who appear to be treated in conformity to practice guidelines narrower definition) varied substantially among providers. In 1998, that proportion varied from 79% in Addison to 17% in Chittenden. When Specialized Rehabilitative Services are included in the computation, apparent conformity to treatment guidelines varied from 89% in Addison to 34% in Washington County. Statistical analysis of variance indicates that there were significant differences among providers on both measures of conformity to practice guidelines, but there was no statistically significant change over time.

As always we will be interested in your comments on the quality of the data being analyzed, the appropriateness of the analytical procedures, and your interpretation of the results. Please e-mail your comments to pip@ddmhs.state.vt.us, or give one of us a call (802-241-2638 for John, or 802-241-2682 for Bill).

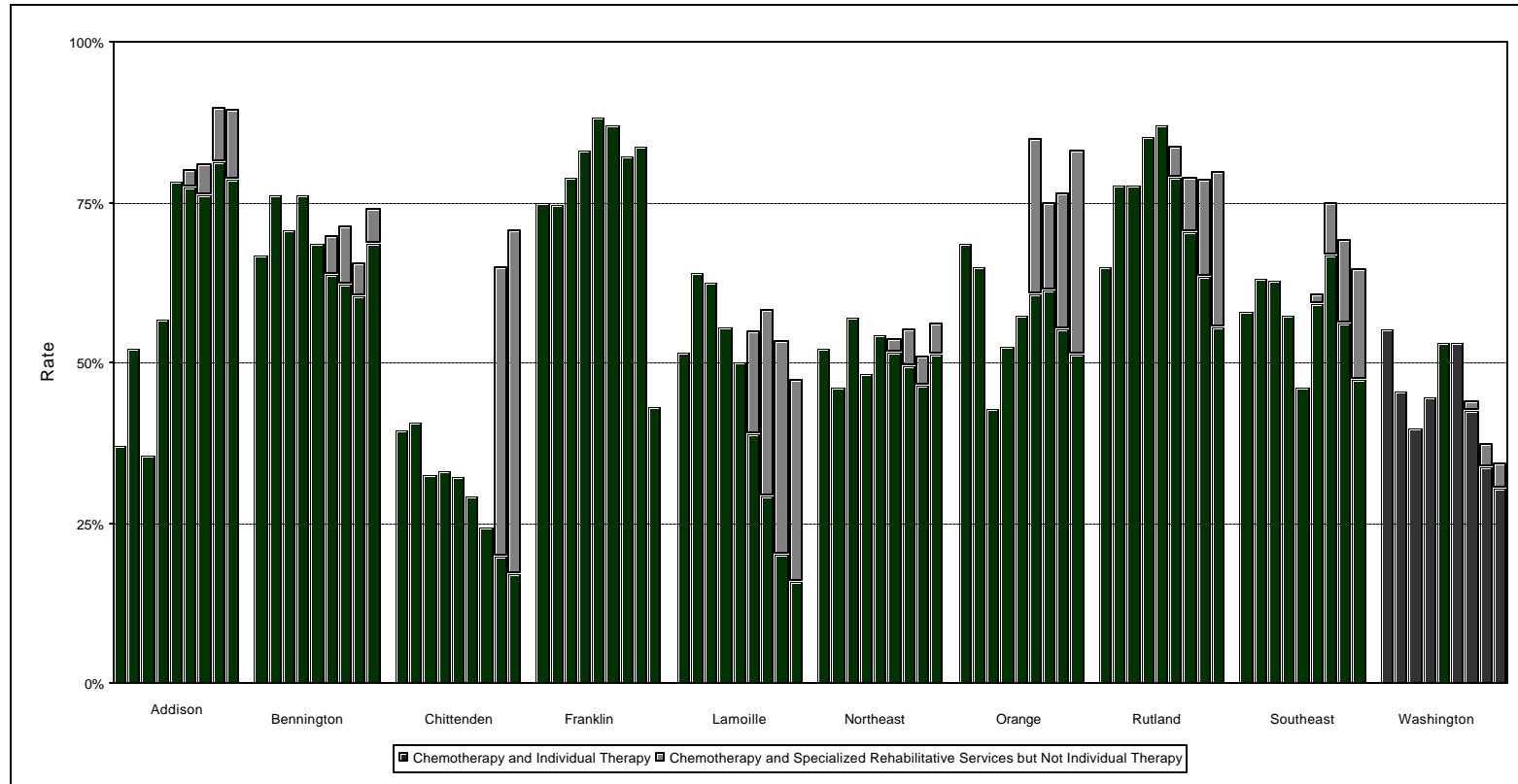
**CLIENTS WITH A DIAGNOSIS OF MAJOR DEPRESSION
RECEIVING CHEMOTHERAPY AND INDIVIDUAL THERAPY SERVICES
COMMUNITY REHABILITATION AND TREATMENT PROGRAMS: FY1990 - FY1998**



| | Statewide | Addison | Bennington | Chittenden | Franklin | Lamoille | Northeast | Orange | Rutland | Southeast | Washington |
|--------|-----------|---------|------------|------------|----------|----------|-----------|--------|---------|-----------|------------|
| FY1998 | 42% | 79% | 69% | 17% | 43% | 16% | 51% | 51% | 56% | 47% | 30% |
| FY1997 | 46% | 81% | 60% | 20% | 84% | 20% | 46% | 55% | 63% | 56% | 34% |
| FY1996 | 52% | 76% | 62% | 24% | 82% | 29% | 49% | 61% | 70% | 67% | 42% |
| FY1995 | 56% | 77% | 64% | 29% | 87% | 39% | 52% | 61% | 79% | 59% | 53% |
| FY1994 | 57% | 78% | 68% | 32% | 88% | 50% | 54% | 57% | 87% | 46% | 53% |
| FY1993 | 54% | 57% | 76% | 33% | 83% | 56% | 48% | 52% | 85% | 57% | 45% |
| FY1992 | 53% | 35% | 71% | 33% | 79% | 63% | 57% | 43% | 78% | 63% | 40% |
| FY1991 | 55% | 52% | 76% | 41% | 74% | 64% | 46% | 65% | 78% | 63% | 45% |
| FY1990 | 54% | 37% | 67% | 39% | 75% | 51% | 52% | 68% | 65% | 58% | 55% |

Data is based on Quarterly Service Reports (QSR) submitted by Vermont's community service providers and includes people assigned to the Community Rehabilitation and Treatment Programs who have a diagnosis of major depression (296.00 thru 296.99). Chemotherapy services provided by CMHCs include both the prescription by a physician or qualified nurse of psychoactive drugs and the monitoring and assessment of patient reaction to prescribed drugs. Individual psychotherapy is a method of treatment for mental disorders, which uses the interaction between a therapist and a patient to promote emotional or psychological change to alleviate mental disorders.

**CLIENTS WITH A DIAGNOSIS OF MAJOR DEPRESSION
RECEIVING CHEMOTHERAPY AND INDIVIDUAL THERAPY OR SPECIALIZED REHABILITATIVE SERVICES
COMMUNITY REHABILITATION AND TREATMENT PROGRAMS: FY1990 - FY1998**



| | Statewide | Addison | Bennington | Chittenden | Franklin | Lamoille | Northeast | Orange | Rutland | Southeast | Washington |
|--------|-----------|---------|------------|------------|----------|----------|-----------|--------|---------|-----------|------------|
| FY1998 | 61% | 89% | 74% | 71% | 43% | 47% | 56% | 83% | 80% | 65% | 34% |
| FY1997 | 61% | 90% | 66% | 65% | 84% | 53% | 51% | 76% | 79% | 69% | 37% |
| FY1996 | 57% | 81% | 71% | 24% | 82% | 58% | 55% | 75% | 79% | 75% | 44% |
| FY1995 | 59% | 80% | 70% | 29% | 87% | 55% | 54% | 85% | 84% | 61% | 53% |
| FY1994 | 57% | 78% | 68% | 32% | 88% | 50% | 54% | 57% | 87% | 46% | 53% |
| FY1993 | 54% | 57% | 76% | 33% | 83% | 56% | 48% | 52% | 85% | 57% | 45% |
| FY1992 | 53% | 35% | 71% | 33% | 79% | 63% | 57% | 43% | 78% | 63% | 40% |
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